New York 1/26/83

Monroe Institute of Applied Science,

I am a college student, 20 year old. I've had out of the body experiences but I didn't know exactly what they were until I found the book JOURNEYS OUT OF THE BODY, by Robert A. Monroe.
I want to explain my experience, and I want to do so before I read the book. I believe my explanation would be more objective this way.
The first experience I had happened about a year ago. I was in my apartment at night. I only had the light of a candle, and I was just thinking. I was going through a very rough emotional and personal period. Suddenly, I felt the presence of someone in my apartment. My apartment was an studio, very small with no rooms except for the bathroom and a closet. It was small enough to notice the presence of anyone.
I was kind of scared but I knew it was impossible that someone was there. After a while I felt a hand approaching me from my back. It didn't touch me but I could feel someone was on my back. By now I was wondering

what was going on. I searched through the whole place, I turned on the lights and I couldn't find anything. I sat down, relaxed and ate or drank something. I decided to go to bed, when I standed up and tried to walk from the chair to my bed which was only a few feet away. I felt very heavy. I couldn't walk normally. Everything was slow motion. I finally reached the bed and I was still wondering what was going on. I laid down on my bed and I felt someone inside of my body, like if my body was an empty space inside and someone was trying to get out. I felt very heavy and I couldn't move. Suddenly I saw myself getting up and walking towards the door. I was in bed, I could see everything. I tried to move my hand to make sure it wasn't a dream, and I succeded. I saw myself trying to open the door and going out when two hands stopped me. They were men hands but I couldn't see their bodies. I just saw myself fighting. Finally I fell on the floor and I woke up.

After that night I didn't have the same experience for about a week. I had the same feeling of heaviness some nights after that but I tried to stop as soon as I realized what could happen.

I didn't get any information on that and the

people I told my experience when wondering if I was all right.
after three months from my first experience I had the same experience again. This time I was away from where I used to live. There were two other people in the house. I went to sleep that night early. As soon as I laid down I felt the heaviness and I could hardly move. Again I saw myself getting up and trying to go out of the room, again the hands pushed me down and I couldn't do anything. I ~~tried~~ tried to yell but only strange sounds came out. The people in the house heard them but didn't think it was important.
Since then I haven't had that experience anymore I felt the heaviness and another kind of feeling different from the heaviness. It was like vibrations that came very stronger and then vanished slowly. A few days ago, after more than 4 months that I hadn't experienced anything I felt the vibrations. I felt I rolled out of my body and rolled down on the floor. This lasted only a few seconds and then I haven't had anything else so far.
This description may sound very vague but I just can't find the right words to express every situation correctly. I'm sure you'll under-

stand since you've dealt with this before.
The reason I'm submitting this to you is because it may help somehow, and because I believe you are the only ones that could give me certain information on the subject.
Please let me know whatever you find out on the matter and answer me so that I can be sure you've received my letter.
I'm not worried nor scared about this anymore. I'm curious and willing to find out about this. I'll be more than glad to submit any information you require.

Very Truly Yours